

Day 3



5 MINUTE WARMING UP

Elastic bands

Turkish getups (4 x per side)

3 ROUNDS x 3 EXERCISES x 45 SECONDS WITH 15 SECONDS REST

Hip dips

Half moons

Bar L-sit

Russian twist

Sandbag pull-over

Flat Superman

4 ROUNDS WITH 2 MINUTE REST

Pull-up progressions (typewriter, one-arm, front lever etc.)

3 ROUNDS x 3 EXERCISES x 45 SECONDS WITH 15 SECONDS REST

Dumbbell snatch L

One leg deadlift L

Dumbbell snatch R

One leg deadlift R

Fly

Bar alternate hand to foot

Read more about our climbing at <https://fiftyseven.degree/>

Strength training plan v202101. Use at your own risk.